

Bavarian- **American**

January 2007

Monthly



Serving the communities of the

U.S. Army Garrison Grafenwoehr and U.S. Army Garrison Hohenfels





USAG Grafenwoehr
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USAG Grafenwoehr
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USAG Hohenfels
 Director
 Glenn Pietras

NAF Support Services:
 Monika Daugherty

Sponsorship and Advertising:
 Kesha Keaton

Marketing Division:
 Amy Zink (USAG Grafenwöhr)
 Andoratia Purdy (USAG Hohenfels)

Volunteer:
 Bilyana Atova

ON THE COVER



Photo: Liquid Library

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http://www.grafenwoehr.army.mil/info/BA_Magazine.pdf

For information, suggestion and ideas, contact:
 DSN: 475-8656 or 466-4023
 Civ: 09641-838656 or 09472-834023

Information contained in this periodical was correct at the time of printing. Check with local activities for possible changes. The appearance of advertising in this publication does not constitute DOD, Army or Federal Government endorsement



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Coming Soon to the Langebruck Center: Java Cafe and Alternate Escapes Gaming. Check it Out!

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Hit the Slopes with Outdoor Recreation this Winter.

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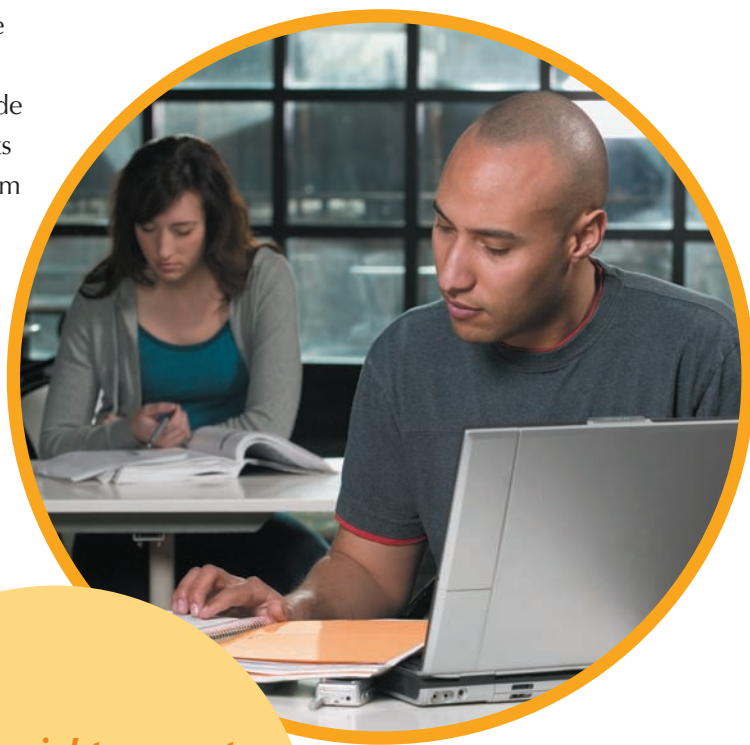
Do You Need Money for College? by Theresa Peterson and Michelle McLaughlin

Paying for a higher education can be a challenge. The Army can help. Army Emergency Relief (AER) is a private non-profit organization whose mission is to provide financial assistance to Army Soldiers and their dependents in time of valid emergency need. AER's Education Program is a secondary mission to help Army families with the costs of education. The Education Program assists all dependents of Military Service Members.

The Stateside Spouse Education Assistance Program (SEAP) supports any active duty or retired Army Soldier's spouse that resides in the United States. Even widowers of active or retired soldiers that reside in the United States are eligible for the program. With the program, spouses can go to school for their first undergraduate degree only. The scholarship is based on financial need, as evidenced by income, family size and special circumstances. Spouses/widows (ers) who wish to participate in SEAP may obtain an application (AER Form 6) and instructions from their local AER Section, upon written request to HQ AER, or by downloading from the web site. All applicants must complete a new application for each academic year.

The Overseas Spouse Education Assistance Program is available to all spouses of Soldiers on active duty assigned in Europe, Korea, or Japan. All applicants must reside with the soldier in the assigned location. Again, only first time undergraduate degrees are eligible. Financial assistance is awarded up to half the cost of tuition per term based on financial need, as evidenced by income, assets, family size, special financial obligations and circumstances with a \$500 maximum per academic term. The total of all assistance awarded is counted toward the maximum, \$2500, for the academic year. Award is based on financial need but open to all who apply.

Not only are spouses entitled. Children (children, stepchildren or legally adopted children) of active duty, retired, or deceased while in active duty or retired status Army Soldiers are permitted as well. The



"Ninety-eight percent of students who met the deadlines for 2006 – 2007 received a scholarship."

MG James Ursano Scholarship Fund administered by AER was established in 1976 as a secondary mission to help Army families with the costs of post secondary undergraduate level education, vocational training, and preparation for acceptance by military service academies for their dependent children. The application for 2007-2008 academic year is available by mail from HQ AER from November 1, 2006 through February 20, 2007. The application can be printed as a PDF form from the website from November 1, 2006 through March 1, 2007. The majority of students who meet the deadlines will receive a scholarship. Ninety-eight percent of students who met the deadlines for 2006 – 2007 received a scholarship.

Going to college is a serious commitment. The challenge of paying for higher education is one that many people need help with. AER can and will help. For applications and more information about AER's scholarships visit www.aerhq.org, your local AER section, or education center. The Army wants to give back to its families. Let Army Emergency Relief help you!

Army Community Service (ACS):

Grafenwoehr, Bldg. 244
DSN: 475-8371
CIV: 09662-83-8371

Hohenfels Bldg. 317
DSN: 466-4860
CIV: 09472-83-4860

Vilseck, Bldg. 322
DSN: 476-2650
CIV: 09662-83-2650

Family Resource Center:
Vilseck, Bldg. 273
DSN: 476-3940
CIV: 09662-83-3940



ARMY COMMUNITY SERVICE

New Parent Education and Support Program *by Mary Phemister, RN, ACS Home Visitor*

An anxious mother calls me, “my baby has a crying spell every day and I can’t figure out how to calm or soothe him. I am at my wits end and I don’t know what to do,”

Another new mother, who has only been in Germany for 4 months and has a 6 week old, is struggling with sleep deprivation. She also has a toddler and a first grader to get off to school each day. Dad is working long hours and isn’t able to help her as much as he would like to. “I feel overwhelmed and I am afraid I’m experiencing some depression.”

“I am breastfeeding my baby and I am worried that she isn’t getting enough. How do I know if my milk supply is meeting her needs? She spits up a lot and seems to be hungry within an hour of feeding her. I think I’d feel better just quitting and giving her formula in a bottle.” said another new mom. “I really wanted to succeed at breastfeeding...now I feel I have failed.”

“My toddler won’t do anything I tell him to! The only word he seems to know is, “No”. He is even throwing temper tantrums and hits me when we’re out shopping. It is embarrassing that I can’t control him. Help! What can I do?” asked one desperate mom.

“My wife just found out she is pregnant and it is our first. What can I do to ensure that she takes good care of herself? I will be out in the field a lot and I worry that

she won’t have the support she’ll need to learn what there is to know about pregnancy, labor and delivery and taking care of a baby. I don’t know the first thing about being a Dad...it’s kind of scary!” said one expectant father.

Does any of this sound familiar? Are you wondering about your pregnancy and what it will be like to deliver your baby in Germany? Do you have a growing toddler who is providing you with some challenges? Are you struggling with breastfeeding your newborn? Many expectant and new parents experience similar concerns and being an Army family takes us far from home and the security of our support network.



Each of the above parents/parents-to-be took an important first step...they made the decision to ask for help. They called the New Parent Education and Support Program (NPESP) at Army Community Services. NPESP is a team of professionals who provide confidential support and education to families with children birth

to three years of age. NPESP was able to provide these families information, education, referral, support and assistance through a variety of services.

Support services include:

Great Expectations: This is our series of prenatal classes that prepare first time expectant parents for the birth of their baby. Topics include: fetal development, nutrition, prenatal exercise, introduction to labor and delivery, postpartum care, caring for your newborn, breastfeeding, relationship changes and much more. Select classes are

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CIV: 09662-83-3940

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taught by professionals within our community. Registration is required for this popular series.

Breastfeeding Support Group: NPESP, in partnership with Women, Infants and Children (WIC), is forming this group to meet the needs of breastfeeding mothers. Our goal is to provide support, assistance and education to those moms who may need support in the womanly art of breastfeeding.

Infant Massage:

We are currently in the planning stage to offer a class for new parents to learn how to massage their baby.

Infant massage communicates a message of love to your baby and helps baby relax and let go of tension. Babies sleep better, have an easier time with feeding and experience fewer stomach upsets.

Home Visitation: After the birth of your baby, home visitation is provided to parents in the early weeks of caring for your newborn. We provide support, reassurance and assist with any concerns.

Caterpillars and Butterflies: This is our weekly play group for mothers with children aged birth through three years. In partnership with EDIS (Early Development Intervention Services), our interactive play group provides a warm and caring environment for children in which to play and learn while their mothers make new friends, share and learn parenting tips and expand their personal support network. The Vilseck Chapel graciously provides space for our group to meet every Wednesday morning from 09:30 to 11:00 a.m. Our goal is to provide a second play group each week for the Grafenwoehr community in January 2007.

Parenting Skills Education: NPESP offers parents a wonderful opportunity to learn "proven parenting techniques" using the Nurturing Parenting Program by Steven Bavolek, PhD. The nurturing philosophy emphasizes

the importance of raising children in a warm, trusting and empathic household. It provides the knowledge and skills parents need to raise healthy, well adjusted, respectful children. Parenting can be a pleasure when you use proven techniques consistently in a loving manner. This program is provided to parents in the privacy of their home on a voluntary basis by a specially trained professional.

NPESP also currently coordinates guided tours of local hospitals' labor and delivery wards. We provide complementary copies of the What to Expect When You're Expecting to all first time expectant parents. After the birth of your baby, we provide What to Expect in the First Year, a complimentary diaper bag with lots of goodies and a special gift for DADS, the "Daddy Pack" from the

National Fatherhood Initiative delivered to

your home. Our home visitors are trained to teach Dr. Karp's 5 S's, a proven technique to calm and soothe a crying baby.

At this time, we are very pleased to announce a new addition to our team of professionals at New Parent Support. Please join us in welcoming Tracey Jernigan,

LCSW. Tracey comes from

Oklahoma City where she has been in private practice for 6 years. During this time

Tracey has spent much of her time working with children and families providing Parent Child Interactive Therapy, Infant Massage, and teaching positive attachment and discipline techniques, all to enhance the relationship and bonding between parent and child.

Tracey has spent the past 8 years working as a Humanitarian in Moldova and Romania, teaching Infant Massage and providing various clinical trainings for new Foster Parent Families, in Sibiu Romania. Tracey is looking forward to being able to offer support to the children and families in USAG Grafenwoehr.

For more information on our classes and support services, contact ACS at CIV: 09662-83-2650 and ask to speak to a member of our NPESP TEAM.

"Parenting can be a pleasure when you use proven techniques consistently in a loving manner..."

"This program is provided to parents in the privacy of their own home."



ARMY COMMUNITY SERVICE

Playgroup Roundup *by Cheryl Carter*



Brenda Jackson (clown) and Clsa Holland share a smile at the Hohenfels EFMP playgroup.



Names not available

The Hohenfels Exceptional Family Member Program along with New Parent Support and Educational Developmental Intervention Services is hosting a playgroup twice a month at the Chaplain Family Life and Youth Center, Bldg. 743 across from the Commissary.

The playgroup provides fun and socialization for children as well as parents. Parents and children get the opportunity to sing songs, and make new friends. A variety of topics are covered including positive parenting,

developmental mile stones, infant care, and toilet training. The group has been very well received by the community with many moms networking and making new friends.

Each meeting parents and children are provided with healthy snacks. The group is designed for children birth to 3 years of age. For more information about the group, or if you are interested in joining, please contact Cheryl Carter, EFMP Manager at DSN: 466-2083 or CIV: 09472-83-2083.

The Importance of Army Family Team Building *by Kimberly Metz, AFTB Volunteer*

As an Army wife of 14 years I can testify to the importance of the AFTB program. My first exposure to the program was at a small post called Camp Carroll located in South Korea. I had just arrived, non-command sponsored, with two preschoolers in October, 1994. My husband was an E-5. Moving overseas non-command sponsored as a young mother with two preschoolers proved to be more overwhelming than I had anticipated. The local ACS quickly became a place of assistance and support in every way. They encouraged me to enroll in Level I AFTB classes and through these classes I received invaluable information that put me well on my way to adjusting to life in the military community.



A few years later I finished Levels II and III as an officer's wife and realized that no matter how long you are a military spouse or what rank your spouse is, that you will always come away from these classes with information that you were not previously exposed to.

I am now at a point where I want to pass on everything that I have learned to others and am even considering a career change because of this program. I have a passion to help those new to Army life as well as those who have been around for years, adjust to the ever changing lifestyle of the military spouse.

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Dear Brandi,

Q. Our family's finances have been out of control lately and every time I try to talk to my husband about it he tells me the problem is me and my spending habits. Last week he purchased the latest Playstation because he said it was "his turn" to buy something. PROBLEM STILL UNSOLVED! Please help!

Mrs. I. Spent

A. Dear Mrs. S.:

Wouldn't it be great if money did grow on trees and we wouldn't have to worry about finances? Many families have identified money as the number one source of arguments in the home. According to Money Magazine approximately 84% of husbands and wives stated money as a source of tension in their relationship.

First, I would recommend that the two of you set time aside to discuss your financial future emphasizing your common financial goals as opposed to your differences. Clearly spell out your individual expectations, without blame. This will help provide a positive foundation for the conversation. Communication, as you addressed earlier, is the necessary first step.

Next, "out of control" can certainly indicate a number of financial concerns. ACS offers a money management session that helps couples address expectations and goals specifically. Your concerns may be related to budget management, debt control, or checkbook management. Each of these issues can additionally be addressed by either attending one of *ACS's specialized classes OR by scheduling a confidential appointment with our Financial Readiness professional.

You are definitely on the right track Mrs. S. by focusing on communication and addressing the issue now.

Promoting Positive & Healthy Relationships,
Brandi



"Dear Brandi" is a monthly advice column written by Family Advocacy Program Manager Brandi Smith. Email comments/questions to brandi.g.smith@us.army.mil

***The ACS Financial Readiness Program**
The Financial Readiness Program offers a number of classes covering topics such as investments, insurance planning, credit reports, avoiding overdrafts, credit, debt management and Thrift Savings Plan. Call to sign up for a class or schedule an individual appointment today!



ARMY COMMUNITY SERVICE

Top 10 Financial Resolutions To Make – and Keep! *by Amy Bernath, Hohenfels ACS*

1. **Three words: Budget, budget, budget!** It's the foundation for your financial well-being. If you don't have one – develop one. If you've already got one, review it to ensure it's still on target.
2. **Shed that expensive, unwanted debt!** Make a list of every outstanding debt you have, including the amount owed and interest you're paying. Incorporate a debt-payoff plan in your budget, starting with the debt having the highest interest
3. **Review your financial goals.** Are they the same as they were last year? Has your personal situation changed in the past year? Do your current spending/savings practices accommodate those new needs, wants, and goals?
4. **Take a look at your net worth.** Make a list of all your assets (what you own) and a list of your liabilities (what you owe.) If your liabilities exceed your assets, it may be time to re-evaluate your spending habits, financial goals, and budget.
5. **Trim the fat.** Think it's easy to flitter away \$25 a week? Over a year, that equates to \$1,300 – enough for a mini-vacation. Little things can make a big difference, over time. (The mind boggles at how much can be saved by cutting out the cigarettes!)
6. **Take advantage of TSP.** This tax-deferred employer-sponsored retirement plan is one of the best in the world. You're never too young – and never too old – to begin saving for retirement.
7. **Get smart on investment options.** Whether determining where to allocate contributions to your TSP account (G Fund? C Fund? I Fund?), or what type of government bonds to buy (EE Bonds? I Bonds?), you need to develop a basic understanding of the terms and practices of the financial world.
8. **Develop an investment profile.** You've got an understanding for the options – but which are the best for you? Stocks? Bonds? Mutual funds? How much risk is too much? A personal investment profile can help you match the right options to your individual goals
9. **Check your credit report.** It not only keeps you aware of your overall credit picture, it will help you know if you're the victim of identity theft.
10. **Review your insurance policies.** Are they all current? Has your personal situation changed in the past year? Are there new family members or valuable possessions to consider?

Contact your ACS Financial Readiness Program if you need help kicking off a new year of financial fitness.

USAG Grafenwöhr

50th Annual German-American Volksfest 2007



NOW!

This is Your Chance to Join in the Fun!

UNITS * PRIVATE ORGANIZATIONS * VENDORS

Reserve Your Spot

Initial Meeting Jan 13th, 2007 at 2 p.m.

Bldg 153 classroom-Graf

Neville R. Paschall
DSN 475-6167 CIV 09641-83-6167
E-mail neville.paschall@us.army.mil





*"Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Glow's world-wide welcome..."*

JOURNEY THROUGH THE UNITED STATES CITIZENSHIP PROCESS

Thursday, January 11, 2007

Thursday, January 25, 2007

8:30 a.m. - 10:00 p.m.

at The Yellow Ribbon Room, Bldg. 40

Come participate in a series of classes to
provide information and help guide you through the process
of becoming a U.S. Citizen.

Topics Include:

Establishing Eligibility

The Application Process

Welcome to the U.S.

Civics Classes and much more!

Contact the Mobilization and Deployment Program/The Yellow
Ribbon Room at DSN 466-2081/3389/CIV 09472-83-2081



ARMY COMMUNITY SERVICE

January USAG Grafenwöhr

Date	Class Description	Time	Location
2	Beginner RESUMIX Class	1:30 p.m.	
3	Caterpillars & Butterflies Play Morning	0930-1100 a.m.	V-Chapel
5	Understanding German Bills	1:00 p.m.	
8-10	Welcome to Bavaria	9:00 a.m.-4:00 p.m.	
9	Beginner RESUMIX Class	1:30 p.m.	
	Advanced RESUMIX Class	2:45 p.m.	
10	Checking Account Maintenance	1:00-3:30 p.m.	
	Caterpillars & Butterflies Play Morning	09:30-11:00 a.m.	V-Chapel
	FRG - Point of Contact Training	10:00-11:30 a.m.	
11	Beginner RESUMIX Class	1:30 p.m.	G-ACS
	Vilseck Walking Tour	9:00 a.m.-4:00 p.m.	
16-17	AFTB Level 1	9:00 a.m.-2:30 p.m.	V- Bldg 221
16	Beginner RESUMIX Class	1:30 p.m.	
	Emergency Placement Care Provider Training	9:00 a.m.	
	Discover Your Neighborhood	9:00 a.m.-5:00 p.m.	
17	Caterpillars & Butterflies Play Morning	9:30-11:00 a.m.	V-Chapel
18	Sponsorship Training	10:00 a.m.	
22-24	AFTB Level III	9:00 a.m.-2:30 p.m.	V- Bldg 221
22	Community Sexual Assault Awareness Training	9:00 a.m.	G-Library
23-26	FRG Leadership Course	Tues-Thurs 9:00 a.m.-2:30 p.m., Fri 9:00 a.m.-noon	
23	Beginner RESUMIX Class	1:30 p.m.	
	Advanced RESUMIX Class	2:45 p.m.	
24	Money Management	1:00-3:00 p.m.	
	Caterpillars & Butterflies Play Morning	9:30-11:00 a.m.	V-Chapel
25	Beginner RESUMIX Class	1:30 p.m.	G-ACS
	Smooth Move	2:00 p.m.	
29	International Spouses' Club	11:00 a.m.	
	Investing 101	5:30-6:30 p.m.	
30	Interview Skills Class	2:00 p.m.	
	FRG Community Update & Professional Development	9:30-11:30 a.m.	31
	Caterpillars & Butterflies Play Morning	9:30-11:00 a.m.	V-Chapel

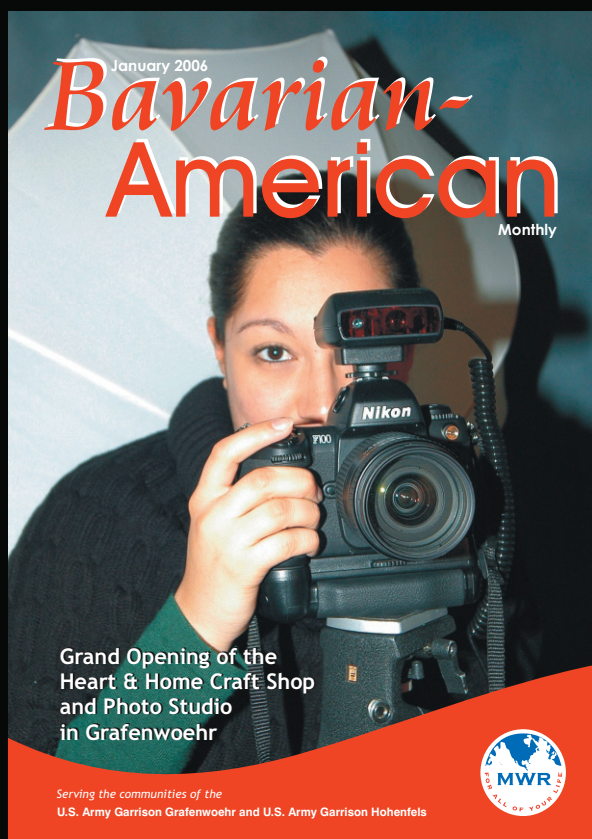
February

2	Understanding German Bills	1:00 p.m.	
5-7	Welcome to Bavaria	9:00 a.m.-4:00 p.m.	
5	Investing 102	5:30-6:30 p.m.	
6-7	AFTB Level 1	9:00 a.m.- 2:30 p.m.	V- Bldg 221
6	Beginner RESUMIX Class	1:30 p.m.	
	Advanced RESUMIX Class	2:45 p.m.	
7	Checking Account Maintenance	1:00-3:30 p.m.	
	Nuts and Bolts of FRG Committee Positions	9:30-11:30 a.m.	Location TBD
	Caterpillars & Butterflies Play Morning	9:30-11:00 a.m.	V-Chapel

All classes held at Vilseck ACS, unless otherwise noted.

January USAG Hohenfels

Date	Class Description	Time	Location
8	Identifying and Reporting Child Abuse	10:00-11:30 a.m.	
8	Mommy & Me Exercise Program	10:15-11:15 a.m.	Post Gym
8	Credit and Budgeting	1:00-3:00 p.m.	
8	Credit Reports 101	3:00-5:00 p.m.	
10	TSP: Now's the Time!	11:30 a.m. - 12:30 p.m.	
10	Federal Resume Preparation	3:00-4:30 p.m.	Bldg. 40
10	Local Job Search	4:30-5:30 p.m.	Bldg. 40
11	Citizenship Class	8:30-10:00 a.m.	Bldg. 40
15	Mommy & Me Exercise Program	10:15-11:15 a.m.	Post Gym
16	Avoiding Overdrafts	2:30-4:30 p.m.	
17	Interviewing Tips	10:00-11:30 a.m.	Bldg. 40
17	Managing your Money	10:00 a.m.-noon	
18	Investments De-Mystified	3:00-5:00 p.m.	
22-26	Hallo Hohenfels	8:30 a.m.-3:30 p.m.	
24	Federal Resume Preparation	3:00-4:30 p.m.	Bldg. 40
24	Employment 101	4:30-5:30 p.m.	Bldg. 40
25	Citizenship Class	8:30-10:00 a.m.	Bldg. 40
25	Brown Bag Lunch Training	11:00 a.m. -1:00 p.m.	Bldg. 40
29	Waiting Spouses Coffee Group	9:00 a.m.-noon	Bldg. 348, Room 2



Advertise with the

Bavarian-American

monthly magazine

Contact:
09641-83-8656

Get Fit, Swim & Learn Healthy Cooking! by Falcon's Nest Staff



Beginning in January, the Vilseck Falcon's Nest Middle School/Teen Center is offering three programs you can't refuse!

rest of your life!

Every 2nd Saturday of the month: Swim at the Amberg or Weiden Indoor Swimming Pool, 4:00 - 8:00 p.m.

Not only is swimming fun, it is a great work out and you don't even feel like you are exercising! We will swim some laps, cruise down the waterslide, and relax in the hot tubs. Entrance fee for the Schwimmbad is 10 Euro.

Wednesdays: Cooking Club, 4:00 to 5:00 p.m.

Learn ways to make your favorite meals and snacks the healthy way. We'll show you how to modify recipes for foods like enchiladas, stir fry's, pastas, and desserts to make them better for your health.

Parents are welcome to join in the activities that we offer at the center. So come down and get started on your Healthy New Year's Resolutions with the Falcon's Nest Middle School/Teen Center! Please feel free to stop by or give us a call at DSN: 476-3144 or CIV: 09662-83-3144. We look forward to seeing you!

"Tuesday/Friday: Fitness Club at Rose Barracks Fitness Center to work out beginning 9 January! Everyone will get a chance to learn about all of the equipment at the gym and of course try it out! On Tuesdays you will be able to do a little bit of everything from cardio to weigh lifting. Fitness Center staff will offer special classes for teens on Fridays such as Pilates, yoga, circuit training, spinning classes. You will get a chance to speak with one of the personal trainers at the gym and get some great hints to customize a workout just for you. This program is all about having fun and learning some great skills you can on for the

Hohenfels Digital Arts Festival Contest by Pamela Roark



Teen Center members proudly display Tech Club poster. From left to right, Rashelle Lewis, Brandi Pollett, Carlos Alvarez, and Yari Middleton.

Photo by Terrence Davis

Have you ever wanted to write a song, make a movie, design a webpage, or create a magazine cover? Now is your chance to show off your artistic abilities by

entering the Hohenfels' Boys and Girls Club Digital Arts Festival at School Age Services and the Teen Center. Special software and well trained staff can help make the process of developing technology projects extremely fun and surprisingly easy. Local winning

entries may progress to the regional and then national Festivals. Please contact Pamela Roark, Functional Technology Specialist, at CIV: 09472-83-4706 for more information.

**Call Today for
More Information!
09472-83-4706**

CYS Teen Center/Middle School:

Grafenwoehr, Bldg. 503
DSN: 475-7441
CIV: 09641-83-7441

Vilseck, Bldg. 1706
DSN: 476-3144
CIV: 09662-83-3144

Hohenfels, Bldg. 72
DSN: 466-2159 CIV: 09472-83-2159

Hourly Care We All Can Share: Relieving the Stress between Mission Requirements and Family Responsibilities *by Barbara Tennant*

CYS works to directly support the military lifestyle and reduce the conflict between parental responsibilities and unit mission requirements. With rapid deployments becoming more constant and soldier duties becoming more demanding, the mission at home has increased. As challenging as these times are, the average person maintaining the household needs a well-deserved R&R break from time to time. That is where Child Development Center (CDC) hourly care can help.

The CDC Annex offers hourly care from 8:00 a.m. to 3:00 p.m. for infants 6 weeks to 5 years old, and reservations can be made up to 30 days in advance at your local Child Development Center. In addition, hourly care is available for children in kindergarten from 3:00 to 6:00 p.m. at the Hohenfels CDC, Bldg. 111. Respite Cards are available for E-4 and below and are good for 10 free hours of care per child per month. Deployment Cards, for deployed soldiers who are deployed, are good for 5 free hours of care per child per month. Hourly care, costing \$4.00 per hour, can be reserved up to 24 hours a week.

The care can provide a nice break from all the action.

Many of our hourly care patrons at Hohenfels take this time to do their shopping, workout with friends and neighbors at the local gymnasium, do schoolwork, attend classes, volunteer for the local school or an association, or work a valuable part-time job. It has become apparent that the many families who intermittently utilize hourly care really appreciate having it.

The hourly annex at Hohenfels is a state of the art building that houses perfectly age-appropriate toys and equipment. Many parents have expressed their delight with the miraculous looking building and environment. Our friendly staff is well trained and courteous in caring for your children. Parents appreciate having care when they need it and with the home mission increasing over extensive periods, hourly care is something we all can share. Please call to make reservations at the Hohenfels CDC Annex, DSN: 466-4041 or 4042. Feel free to try us out!

CYS Child Development Center (CDC):

Grafenwoehr, Bldg. 260
DSN: 475-7180 CIV: 09641-83-7180

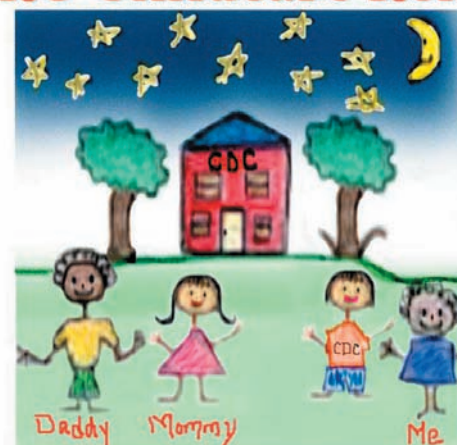
Vilseck, Bldg. 2234
DSN: 476-2651 CIV: 09662-83-2651

Hohenfels, Bldg. 111
DSN: 466-4707 CIV: 09472-83-4707

Family Childcare Providers Needed!

*Are you interested in becoming an
FCC Provider?
If so please contact FCC Director
Ivory Morton at
DSN: 466-3221 for more
information
or visit us at the CLEOS Bldg. 96.*

Hohenfels FRG Childcare Relief



**CDC (Bldg. 44) will offer evening childcare
on the 2nd Wednesday of every month.
6:00 p.m. - 8:00 p.m.
for parents attending FRG meetings.**

To reserve space contact your FRG Leader

Future Fire Fighters in Hohenfels by Rena Mesch



Taylor Lewis, Milon Espinosa and Anthony Elmore spent an exciting and educational day with the Hohenfels Fire Department.



In conjunction with Fire Prevention Week 2006 and courtesy of Fire Inspector Martin Birkhahn, Hohenfels teens were able to experience a hands-on tour of the Hohenfels Fire Station. Mr. Birkhahn described a day in the life of a Fire Fighter. Teens viewed the living and sleeping quarters, the training areas, and the Operations Center.

One of the firemen on duty demonstrated how a fireman responds to an alarm. Even though there isn't a pole to slide down, each Fire Fighters emergency equipment, protective clothing and gear are prepped and

ready to go. They just have to jump in, pull it up, and run to their assigned truck positions. Their special breathing apparatus (SCBA) is built into the truck seats so as they drive to the scene of an emergency they can connect to the system, saving valuable time. Daily checks are performed on all equipment to ensure that everything is fully operational.

The Hohenfels Fire Station displayed their emergency vehicles and explained each vehicles special purpose. The teens got to climb into the structural fire truck, sit in the seats, and experience what it is like to be a real Fire Fighter. Mr. Birkhahn also explained the special WMD/NBC Response Container, which is specially made for on-the-scene decontamination.

After checking out the inside, the teens went outside to try out the Aerial Ladder Truck. Each teen had an opportunity to climb into the Aerial Ladder Bucket and were lifted up approximately 70 meters into the air. They also enjoyed trying to aim a fire hose. It was a fun afternoon for everyone involved. The Teen Center would like to thank Fire Inspector Martin Birkhahn and the entire station for opening up the Hohenfels Fire Station to the community.

Leadership Academy at Army Community Service



Photo from Left to Right: Lemmie Lee, Above Angela Odom, Stevi Hood, below Tierra McLeod, Jose Leon, Nick Selvage, Corteir Rogers, Becky Linka, Kevin Grier and sitting is Kevin Jordan from the Vilseck High School.

These students attended the Leadership Academy at ACS on November 8th. Participants learned about Communication Styles, Leadership Styles, Resume Building, Brainstorming and Public Speaking. Special guest presenters from the community included Robyn Kelley (ACS), Steve Vojtecky (SLO), Connie Wilkes (ASACS), Dave Bickham (VHS), Brian Olden (WURZBURG MEDDAC), and Mike Priser (VHS).

Thanks to all for a very successful event for our future leaders!!!

CYS Central Registration:

Grafenwoehr, Bldg. 244
DSN: 475-6655
CIV: 09641-83-6655

Hohenfels, Bldg. 96
DSN: 466-2078
CIV: 09472-83-2078

CYS School Age Services (SAS):

Grafenwoehr, Bldg. 508
DSN: 475-6161
CIV: 09641-83-6161

Hohenfels, Bldg. 112
DSN: 466-2822
CIV: 09472-83-2822

Vilseck, Bldg. 224
DSN: 476-2760
CIV: 09662-83-2760

Vilseck, Bldg. 2237
DSN: 476-2556
CIV: 09662-83-2556



Skate Nite!

January 26 from 6:30 p.m. to 9:00 p.m.

Kindergarten through 5th Grade-\$2.00 per child

Must be registered with CYS

Vilseck SAS Building 2237

Call DSN 476-2760 or DSN 475-6655

or email cysinfo@graf.eur.army.mil for more information

Daughter and Daddy Dinner Dance



Child and Youth Services invites you to enjoy a a dance-filled evening with your daughter and a scrumptious spaghetti dinner!

February 8th from 1830 till 2100 at the Vilseck SAS, BLDG 2237

Contact Central Registration at 476-2760 or 475-6655 to make reservations by February 2nd. Children must be registered with CYS to attend. (Other adult may stand in as chaperone).

Cost is \$10 per couple or \$5 per person.

For more information, contact Central Registration.

Making a Difference in Youth Sports *by CYS Staff*

The CYS Sports and Fitness program is off to a great start this year. We have record numbers enrolled in both Basketball and Cheerleading. Not only are our kids pumped up for the season but, our parents, coaches, and CYS staff members are raring to go!

We are very fortunate this season to have plenty of well-trained volunteer coaches who dedicate their time to youth sports. Coaches are special people who have tremendous influence on youth character and skill development. There are many opportunities to volunteer in CYS Sports and Fitness programs. Previous experience is not required and the benefits to children, youth and the community are immeasurable!

If you are wondering how to become a coach, here is the process. It takes about two months from the time you submit a volunteer application to complete the requirements to be a coach. First, you must submit a

Coaches Application and a Criminal Background Check, regardless of whether you are applying for a head coaching position or as an assistant coach. After your background clears, you will need to attend a National Youth Sports

Coaches Association (NYSCA) Clinic (held in the USAG Grafenwoehr community). CYS schedules these clinics monthly. NYSCA certification training includes the basic knowledge of the character-building aspects of sports, including techniques and methods of teaching and reinforcing the core values that build sportsmanship and good character.

We also teach first-aid principles and the physical capacities and limitations of the age group coached. Coaching principles, game rules and strategies of the sport are also part of the training. When you have completed the training, you will be certified as a NYSCA Coach.

When you sign the Coaches Code of Conduct, you assume all the responsibilities associated with the title

"There are many opportunities to volunteer in CYS Sports... previous experience is not required."

Continued on page 19

iSland fun

Berlin's Tropical Island

- ★ Indoor Swimming
- ★ Rain Forest
- ★ Camping on the Beach
- ★ Water Slides
- ★ Island Entertainment

January 26-27

60 Euros-includes entrance, tents and breakfast at the Island.



For More info call the Vilseck Falcon's Nest Middle School/Teen Center at DSN 476-3144.





Continued from page 18

“Coach” by becoming a role model for young athletes and by setting a good example. The coach must exhibit high moral, behavior and leadership traits by adhering to high standards of ethics and integrity. The coach will set the example of leadership for players, parents and fans. The coach must be energetic and enthusiastic. As a coach, you can help athletes gain confidence and develop self-esteem

by teaching and improving a player’s skills and confidence.

To those that are coaches today or have coached in the past, thank you. Thank you for dedicating your valuable time and making USAG Grafenwoehr CYS a great place to play. For information on becoming a coach contact us at DSN: 475-6656, 475-2760 or cysinfo@graf.eur.army.mil.

Youth Sports Award the Six Pillars of Character *by Rachel Hartman, Hohenfels Youth Sports Director*

Are you ready for this? Starting next month, Youth Sports will be using this section to recognize the ones that utilize our programs the most. YOUTH! Now you may be asking, “How will these youth be selected?” First, coaches will be asked to give one name of one Youth Sports participant every month for a child that is positively displaying a pillar of Character Counts! “What is the purpose of Character Counts?” The purpose of the CHARACTER COUNTS coalition is to fortify the lives of America’s young people with consensus ethical values called the “Six Pillars of Character.” These values, which transcend divisions of race, creed, politics, gender and wealth, are: *trustworthiness, respect, responsibility, fairness, caring*

and citizenship.

Each month a youth participant will be selected to represent one of the Character Counts Pillars! An article, along with a picture (with consent from parents) will be displayed under the Youth Sports section for our appreciation for their model behavior. After each child is selected every month, they will be rewarded with a prize from the Youth Sports office.

Now it’s your time to shine, get out there and show the world that character really does count, especially in a Youth Sports setting. For more information on Character Counts! Please visit www.charactercounts.org

CYS Youth Sports:

Grafenwoehr, Bldg. 244
DSN: 475-6656 CIV: 09641-83-6656

Hohenfels, Bldg. 45

DSN: 466-2488 CIV: 09472-83-2488

Armed Forces Entertainment and USO Bring MTV to Hohenfels

by MWR Marketing Department

Armed Forces Entertainment and USO are bringing the Wilmer Valderrama and Friends show to Hohenfels on Thursday, January 4, 2007 at The Zone Night Club (7:00 p.m.). Wilmer Valderrama plays the character "Fes" on the award nominated FOX television series "That 70's Show."

Soldiers from Grafenwoehr, Vilseck, Ansbach, and Bamberg are welcome to attend the comedy show. This event is sure to be a memorable and fun evening for everyone. The MTV "Yo Momma," audience is just as important as the competitors, so everyone is encouraged to come out and enjoy this fierce "Trash Talking Comedy Show." For more information or to sign up contact Joanne Love at DSN: 466-2340.



Hohenfels 2006 Winter Bazaar Raffle Trip Winners

Trip packages were provided by corporate sponsor SATO Travel:

Paris Express Trip Winner:
Craig Bell

New Year's in Amsterdam Winner:
Michelle McKiernan

Trip package provided by corporate sponsor Edelweiss Lodge and Resort Winner:
Alicia Duvall





DINING AND ENTERTAINMENT

USAG Grafenwoehr Bowling Program

Grafenwoehr, Lane 25 Lunch Menu:

January

- 2 Hawaiian Sub w/chips
- 3 Sloppy Joe
- 4 Spaghetti w/meat sauce
- 5 Tuna Melt w/chips
- 8 Grilled Ham and Cheese w/chicken soup
- 9 BLT Sandwich
- 10 Sloppy Joe
- 11 Beef Philly Steak Sub
- 12 Catfish Basket w/Fries
- 16 Schnitzel Sandwich w/fries
- 17 Sloppy Joe
- 18 Beef Philly Steak Sub
- 19 Calamari rings w/fries
- 22 Chicken Sandwich w/fries
- 23 BLT w/chips and tomato soup
- 24 Sloppy Joe
- 25 Beef Philly Steak Sub
- 26 Shrimp Basket w/fries
- 29 BBQ Bacon Cheeseburger
- 30 Chili w/beans and crackers
- 31 Sloppy Joe

Winter Leagues Starting:

- Grafenwoehr: 8 January, 6:00 p.m., Monday Night Mixed
- 10 January, 11:00 a.m., Wednesday
- Women's
- 12 January, 6:00 p.m., Friday Night Trio
- Vilseck: 4 January, 9:30 a.m., Thursday Morning Women's League
- 11 January, 6:00 p.m., Thursday Night Mixed
- 18 January, 3:30 p.m., Unit Level Intramural League
- 20 January, 11:00 a.m., Youth League

Bowling Tournaments:

6 January, 11:00 a.m., Grafenwoehr Bowling Center 9 Pin No Tap

- Entry Fee \$15.00
- Games
- Cash payouts based on number of entries at 1-5 ratio

13-14 January, Vilseck Bowling Center, Martin Luther Weekend 9 Pin No Tap

- Entry Fee 1st start \$15, reentries \$10. Enter as many times as you want!
- Cash payouts based on number of entries at 1-5 ratio
- Bowlers can cash only one time (highest finish), regardless of how many times entered, any ties will split prize fund by places
- Start any time Saturday or Sunday 11:00 a.m. to 6:00 p.m., last start time is Sunday, 6:00 p.m.

24 January, 7:00 p.m., Vilseck Bowling Center 40 Frame Game Tournament

- \$20 Entry
- Cash payouts based on number of entries payout ratio 1-3

28 January, 11:00 a.m., Grafenwoehr Bowling Center King of the Hill

- King Of The Hill" \$40 Entry
- This is a scratch event open to all bowlers
- Bowl 6 Games, field cuts to 50%
- Bowl 2 more games, scores carry over, top 5 bowl pro style stepladder

YOU COULD BE A
WINNER

Stop by one of the three
bowling centers in
Grafenwoehr
Hohenfels
Rose Barracks
and you could win a **FREE**
over-night or express trip
from **Enjoy Tours**.
Call your local Bowling
Center for details!

Graf 475-6177 * Hohenfels 466-4611 * Vilseck 476-2576

ENJOY TOURS
Your Enjoyment is Our Business

MWR
ALL OF YOUR LIFE

No federal endorsement of sponsor intended

Bowling Centers:

Grafenwoehr, Bldg. 612
DSN: 475-6177
CIV: 09641-83-6177

Vilseck, Bldg. 2201
DSN: 476-2576
CIV: 09662-83-2576

Hohenfels Bldg. 14
DSN: 466-4611
CIV: 09472-83-4611

Tower View Restaurant and Conference Center

Come to the Tower View for Breakfast or Lunch. Lunch offers a hearty special of the day, a variety of great sandwiches, soup of the day and salad bar. Call ahead for take-out orders.

Tower View Lunch Buffets for January – 11:30 a.m. till 1:30 p.m.

4 January: Mexican Buffet

11 January: Italian Buffet

16 January: Martin Luther King Buffet

Smoked Ham Hocks in Collard Greens, baked Ham, Candied Yams, Corn on the Cob, Potato Salad, Cornbread, Sweet Potato Pie and Eugene's Banana Pudding

25 January: German Buffet

Call us about catering services for your unit or private event.

*Join us for the opening of the
Langenbruck Center "Sports Bar"*

Thursday, 4 January 2007 at 3:30 p.m.

*Langenbruck Center Complex
Vilseck, Bldg. 607
DSN: 476-2360
CIV: 09662-83-2360*

Restaurants:

Grafenwoehr, Tower View
Bldg. 209
DSN: 475-6200
CIV: 09641-83-6200

Vilseck, Tumbleweed's
Bldg. 60
DSN: 476-3699
CIV: 09662-83-3699

Grafenwoehr, Lane 25
Bldg. 612
DSN: 475-6177
CIV: 09641-83-6177

Hohenfels, Lane 17
Bldg. 14
DSN: 466-4611
CIV: 09472-83-4611

King of the



USAG Grafenwoehr

Bowling

YOUR CHANCE TO WIN \$1000!

Tournaments are held the last Sunday of every month at the Grafenwoehr Bowling Ctr
For more details, call DSN 476-2576, CIV 09662-83-2576

Brunswick®

Open U.S. ID cardholders & guests. Must 18 years old to enter.

No federal endorsement intended



USAG Hohenfels Bowling Program

The Lane 17 Bowling Center will have an 8 pin/9 pin no tap tournament on February 4th, **Super Bowl Sunday**. The tournament will begin at 7:00 p.m. and there will be a \$20.00 entry fee.

We have a special bowling event on February 8th, 2007 to celebrate Valentine's Day.

- Special price for open bowling starting at 7:00 p.m. Pay an initial fee of \$5.00 and all games bowled for the evening will only cost you a quarter. Shoe rental will also be free of charge. Of course, everyone is welcome to stay for the big game afterwards, or you can walk over to "The Zone" for the big Super Bowl Party.

- Special event for couples in celebration of Valentine's Day. For the price of \$20.00 per couple, you will receive cheese and wine, a dessert, and the ladies will

receive a free gift. Also included in the price will be three games of bowling and shoe rental. There will also be music to keep everyone in the mood.

*Start the New Year out right!
Bingo Fever at the CAC
January 19th – 6:00 P.M.*

Come for the first Bingo game of the New Year. The Hohenfels Community Activities Center hosts Bingo on the third Friday of every month

*Super jackpot pays \$750.00
in forty-eight numbers or less.*

Clubs & Lounges:

Grafenwoehr, Lane 25
Bldg. 612
DSN: 475-6177
CIV: 09641-83-6177

Grafenwoehr, Tower View
Bldg. 209
DSN: 475-6200
CIV: 09641-83-6200

Vilseck, LBC Sports Bar
Bldg. 607
DSN: 476-2360/
CIV: 09662-83-2360

Hohenfels, Lane 17
Bldg. 14
DSN: 466-4611
CIV: 09472-83-4611

HOHENFELS

SUPER BOWL CELEBRATION

02 • 04 • 07



Lane 17

SUPER BOWL PRE-GAME PARTY

6:00 P.M.

BOWLING SPECIAL GAMES, PRIZES. & FUN!

FOR MORE INFO CALL LANE 17 DSN 466-4611

Celebrate at 2 locations



SUPER BOWL GAME PARTY

9:00 P.M.

ENJOY THE GAME ON MULTIPLE SCREENS!

FOR MORE INFO CALL THE ZONE DSN 466-2000



COMING TO THE LANGENBRUC

JAVA CAFÉ

This place is unlike any other you've ever experienced on an Army installation. Stop by and check us out – this will be a great place to relax, have fun and to meet up with friends or to pick up something throughout the day.

The Java Café, is an exciting new concept that offers a convenient on-post location for our premium beverages featuring *Starbuck's Coffee*.

We Proudly Brew
STARBUCKS COFFEE



DAILY GRINDS

	TALL	GRANDE
BREWED COFFEES	1.50	1.75
CAPPUCCINO	2.50	2.95
CAFFÉ LATTE	2.50	2.95
CAFFÉ MOCHA	2.75	3.25
VANILLA LATTE	2.75	3.25
CARAMEL MACCHIATO	2.75	3.25
CAFFÉ AMERICANO	1.75	2.00
FLAVORED SYRUPS	.50	.75
	SINGLE	DOUBLE
ESPRESSO	1.50	1.95
XTRA SHOT	EACH	.75

COFFEE JAVACCHINOS

ICED, BLENDED COFFEES

LATTE	3.25
CAFFÉ MOCHA	3.25
CARAMEL MACCHIATO	3.25
CAFFÉ VANILLA	3.25
CAFFÉ RASPBERRY	3.25

SOOTHING SIPS

HOT CHOCOLATE	1.95
TAZO HOT TEA	1.25
CHAI LATTE	2.75

SNACKS & BEVERAGES

SNACKS	1.00
CANDY	1.00
CANNED SODAS	1.25
BOTTLED WATER	1.25
BOTTLED BEVERAGES	1.50 2.25
HIGH ENERGY DRINK	2.95



COMING SOON!

RECREATION CENTER IN VILSECK

ALTERNATE ESCAPES

The *Alternate Escapes* is a location with a collection of machines and services designed to deliver entertainment and digital based products. Services are offered for many different interests including:

Multi Player On-Line Games – These machines offer high end game experience with 26inch high resolution monitor, 256mb NVIDIA video card, ultra high speed Dell computer, Altec Lansing speakers with sub-woofer, a cabinet designed to give the player a feel of personal space and the latest PC games to play against the computer or on a server with others on the internet or a

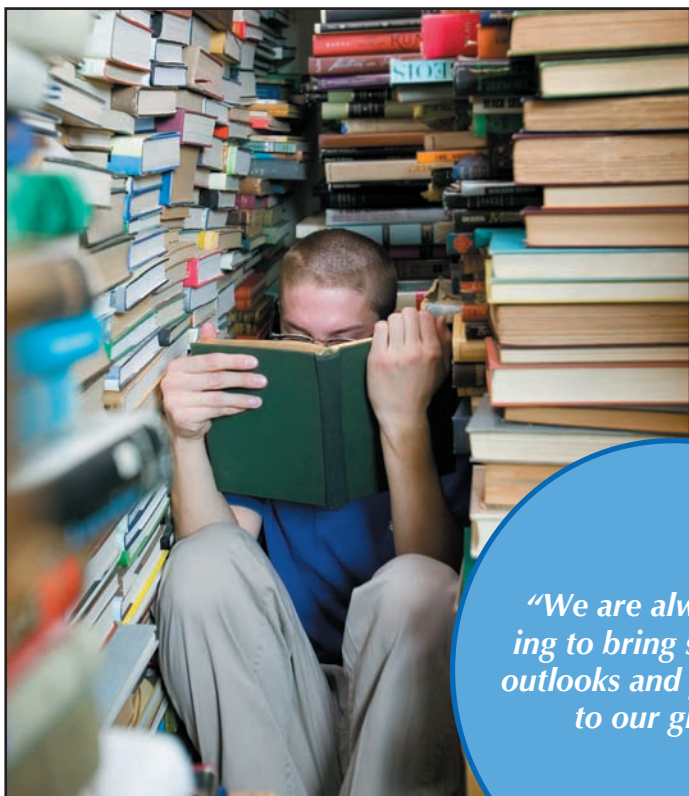
local group.

Media Escape - Multi-function kiosks that provide digital and physical delivery of products that are for or produced by the technical toys of the digital generation. Products and services available currently are: Downloading of camera memory cards to CD, Enhancement and cropping of photos, On-site printing of photos on high quality photo media instantly, purchase and delivery of cell phone ring tones and wallpapers

Wireless Escape
- Internet access service that allows customers to wirelessly access the internet using their own laptops or PDAs.



Why Join a Book Club? *by Kathleen Nichols*



"We are always looking to bring some fresh outlooks and perspective to our group."

For me reading is a necessity, think of it in terms of a fish needing water to survive. I require a constant refill of fresh or salty literary prose to nourish my imagination and curiosity. Sometimes I am in the mood for a little drama, sometimes I need a laugh. Whatever my moment's fancy, I can find a book to fulfill my needs. What is even more rewarding is the experience of sharing my opinion of the latest book I read at the monthly meeting of the Hohenfels Book Club. We even go so far as to cast the actors and actresses to play the book's characters. Tom Hanks was never my choice to play Professor Robert Langdon, in *The Da Vinci Code*. Kenneth Branagh is still my first cast for that character. If you disagree, come and share your choice.

The Book Club meets the last Monday of every month at 6:00 p.m. The meeting place is the cozy periodical section of the ever popular Hohenfels Library. Each month the group chooses a title to be read and discussed by members at the next month's meeting. Book genres range from classics to science fiction and even a little romance.

A book club is a great place for individuals who find enjoyment in sharing thoughts and ideas. I usually spend the week before book club preparing for our grand debates. No character or plot is beyond our literary critique. Even

if a selection makes my worst book ever list, I still look forward to the monthly meeting. Actually some of the club's most memorable discussions have been about books that we disliked. Some we have truly hated, some were only mildly irritating. However, no matter what the conclusion, we always find something to talk about.

This year the club is hoping to attract new members. We are always looking to bring some fresh outlooks and perspectives into our group. We will kick off the New Year on the 29th of January with the novel, *My Sister's Keeper*, by Jodi Picoult. A novel that raises the issue of genetic planning and the difficult choices a sister has to make between saving the life of her older cancer-ridden sister and having a life of her own. *My Sister's Keeper* examines what it means to be a good parent, a good sister, and ultimately a good person.

Please accept this invitation to join the Hohenfels Community Book Club, I guarantee it will be a fun night out.

Computer Thursday's at Turnbull Memorial Library 3:30 p.m. - 4:30 p.m.

January 4th:

Basic Computer



Internet Skills

January 11th:

Microsoft Office



Word

January 18th:

Microsoft Office



Excel

January 25th:

Microsoft Office



PowerPoint

The library will offer FREE computer classes every Thursday. Learn new skills or brush up on old ones.
SIGN UP TODAY!

For more information call the Turnbull Memorial Library
(Bldg. 49) at DSN 466-1740



RECREATIONAL ACTIVITIES

Happenings at the Grafenwoehr Library

Time-Travel with Dr. Martin Luther King, Jr.

In the years since his assassination on April 4th 1968, as he stood on the balcony of the Lorraine Motel in Memphis, Tennessee, Dr. Martin Luther King Jr. has evolved from a prominent civil rights leader into the symbol for the civil rights movement in the United States. He is studied by schoolchildren of all backgrounds and his words are quoted by kids around the world. We invite the children of the USAG Grafenwoehr to travel back to the 1960s with us, into the time of the civil rights movement by watching the ever popular animated movie "Our Friend, Martin." The plot of the movie tells the story of two sixth-grade students, one black and one white, visiting Dr. King's birth house on a fieldtrip. Getting bored with the tour, the students sneak off into Dr. King's boyhood bedroom. What they didn't expect was that this "magic house," as the tour guide describes it, would transport them back in time for an extraordinary journey with the famous civil rights leader. This film focuses on the most significant events of Dr. King's life and shows how the lives of the two biracial friends would have been different without Dr. King's persistent hope and courage that helped bring the races closer together in America. So come and join us for an afternoon of remembrance on **January 16th at 4 p.m.**

"If you can see your success in your mind, the visualization can bring you closer to your goal."

-Mind and Body Program

with new and exciting activities, visualizations and word games. Unlike a school assignment, writing will not be graded but will be compiled into a book that will be given to each participant.

Varied physical activities, sports, movement, stretching and yoga will be incorporated into the program. Utilizing the visualization techniques yoga has to offer, the group will stretch the usual boundaries of creativity. Snowball or water balloon wars, dance movements and other sport like activities will energize the members and give them new avenues to explore and write about.

Additional opportunities for exploration will include the expertise of a graphic artist to instruct the participants in the illustration of their writing allowing for expanded artistic expression. The program will also utilize the advice of a preventive medicine specialist and other community assets.

Developed with input from teens, the "Mind and Body" program is a unique approach to creativity. Middle School students are invited to join us. The program begins on January 10th and will meet in the Reference Area of the Library. So, Free Your Mind.

Free Your Mind

As the singing group En Vogue says in their song, "Free Your Mind and The Rest Will Follow." That seems to be true in many areas. If you can wrap your mind around a task, then you can complete it. If you can see your success in your mind, the visualization can bring you closer to your goal. Clear your mind and let your thoughts run free.

The Grafenwoehr Library is proud to introduce a new program designed for Middle School students to help them free their minds. The program called "Mind and Body" is a creative writing group designed to give Middle School youth the opportunity to express themselves in new and creative ways.

Guided by Ms. Stacey Phillips, the program will **meet every 2nd and 4th Wednesdays at 3:30 p.m.** Ms. Phillips, a university English Professor, will lead the group

\$1302 a Month to \$1.6 Million

Have you ever wondered how will you fare at retirement? Will you have saved enough to scrape by or will you be able to live in relative comfort? Will you be stuck driving a "beater" or will the car of your dreams be within your reach? The bottom line is do you have "champagne tastes on a beer budget?"

If so, join the staff of the Grafenwoehr Library as we host Mr. J. Carey Perks to learn about managing your money to make the most of your retirement. Mr. Perks will guide you through paying for your education to making the most of your military pay for life after the Army. Mr. Perks, the Financial Readiness Program Manager at Army Community Service will be in the Grafenwoehr Library on January 25th at 10:00 a.m. so that you can ensure champagne for your retirement.

Libraries:

Grafenwoehr, Bldg. 445
DSN: 475-1740 CIV: 09641-83-1740

Vilseck, Bldg. 2222
DSN: 476-1740 CIV: 09662-83-1740

Hohenfels Bldg. 49
DSN: 466-1740 CIV: 09472-83-1740

See Europe with ITR

USAG Grafenwoehr Day Trips

January 7

Prague Day Trip and Tour (Passport required)

See the city featured in recent movies, including "Mission Impossible". The 2-hour city tour will show you the Charles Bridge, the Astronomical Clock and many more famous sights. Find out why Prague is known as the "Jewel of Europe."

Cost: \$39/Adult, \$29/Child (3-12). Departs: Vilseck 5:00 a.m., Graf: 5:30 a.m.

January 14

Karlovy Vary, Czech Republic (Passport required)

Karlovy Vary has rich history and is world renowned for its spas. You can stroll along the scenic colonnades as you shop for crystal, leather, amber jewelry and much more.

Cost: \$25 p/Adult, \$15/Child (3-12). Departs: Vilseck: 6:30 a.m., Graf: 7:00 a.m.

January 21

Rothenburg Day Trip

If you have never been there, you don't want to miss this trip. If you have been there, maybe it is time to return! This beautiful walled city is a don't miss destination. Bring your camera and enjoy the afternoon meandering down the alleys, enjoying a coffee in one of the cafes, or tour one of the museums. You can also check out the historic church and town hall.

Cost: \$29/Adult, \$19/Child (3-12). Departs: Vilseck 7:30 a.m., Graf 8:00 a.m.

January 28

2 Castle Trip

Germany is famous for its castles and Bavaria offers the biggest and best of them all. A building frenzy was initiated by King Ludwig II during his short reign, and while

he almost bankrupted the country, the castles are a lasting testimony to whimsy and fairy tales. It is on to Fuessen where you can tour the world famous Neuschwanstein and the more sedate Hohenschwangau. Entry to each castle will be approximately 10 Euro per person.

Cost: \$39/Adult, \$29/Child (3-12). Departs: Vilseck 4:00 a.m., Graf: 4:30 a.m.



February

February 4

Prague Day Trip and Tour (Passport required)

Visit the capital of the Czech Republic with the nickname of The Golden City of Europe.

Upon arriving in Prague we will stop and pick up the tour guide, included in trip. Drive to a look out point in Prague to look over the city. Return to bus and drive to the center of town and do a walking tour through the old city and hear about some of the historical sights, such as:

Charles Bridge, The world's largest castle complex, original town clock and much more. Tour is about 2 hours walking. The drive takes about 3-3 1/2 hours. There is no breakfast or lunch stop.

Cost: \$39/Adult, \$29/Child (3-12). Departs: Vilseck 5:00 a.m., Graf: 5:30 a.m.

February 11

Dachau/ Munich National Museum

Tour the historic Dachau Concentration Camp memorial site. The main camp was comprised of the actual prisoners' camp, the SS area as well as various subsidiary camps, such as the so-called plantation, the shooting range at Hebertshausen, and the burial grounds for concentration camp prisoners, now the Concentration Camp Memorial Cemetery Dachau-Leitenberg. Then go into the city to the

Continued on page 32

Information, Tickets & Reservations (ITR):

Grafenwoehr, Bldg. 600
DSN: 475-7402 CIV: 09641-83-7402

Vilseck, Bldg. 607
DSN: 476-2360 CIV: 09662-83-2360

Hohenfels, Bldg. 344
DSN: 466-2060 CIV: 09472-83-2060

Continued from page 31

Munich National Museum. It is the largest technological museum in the world. It offers a hands-on exploration of German science and technology. The staff is knowledgeable about the exhibits, and they speak English. Adult museum entry is Euro 7.50, children Euro 3.00 (not included in ITR price).

Cost: \$29 /Adult, \$19/Child (3-12). Departs: Vilseck: 6:30 a.m., Graf: 7:00 a.m.

February 18

Karlovy Vary, Czech Republic (Passport required)

Karlovy Vary has rich history and is world renowned for its spas. You can stroll along the scenic colonnades as you shop for crystal, leather, amber jewelry and much more. Don't miss this trip!

Cost: \$25/Adult, \$15/Child (3-12). Departs: Vilseck: 6:30 a.m., Graf: 7:00 a.m.

February 25

Neuschwanstein, Hohenschwangau Castle Tour

Germany is famous for its castles and Bavaria offers the biggest and best of them all. A building frenzy was initiated by King Ludwig II during his short reign, and while he almost bankrupted the country, the castles are a lasting testimony to whimsy and fairy tales. The bus will take you to Fuessen where you can tour the world famous Neuschwanstein and the more sedate Hohenschwangau. Entry to each castle will be approximately 10 Euro per person.

Cost: \$39/Adult, \$29/Child (3-12). Departs Vilseck: 4:00 a.m., Graf: 4:30 a.m.


Hohenfels

January 20

Poland (Passport Required)

The Bus will take you to the town of Bolaslawiec Poland is the heart of the pottery industry. The factories continue to hand stamp the patterns on each piece in the hundred year tradition. Designs range from original ones inspired by the peacock to more modern patterns. The Pottery is made from white clay. Pieces are rated with numbers from 1-4 – Purchase the piece that suits your needs. Cost: \$55/Adult, \$45/Child (age 3-12), Departs: Hohenfels at 11:00 p.m.


AIRPORT SHUTTLE BUS



Munich and Nuremberg

Are you PCS'ing, TDY, or going on leave?
Outdoor Recreation can help!

- ★ Official Government travel (PCS's, TDY's, ETS's) is fully reimburseable.
- ★ We require a minimum of 72 hours notice, a strip map to the pick-up point (off post only) and a copy of your flight itinerary.
- ★ Contact ODR for reservations and cost information.



Grafenwoehr ODR DSN 475-7402 * Vilseck ODR DSN 476-2563



USAG Grafenwoehr OUTDOOR RECREATION

Winter Trips 2006/2007

January 12 - 15

Ski Trip to Flachau, Austria

Join ODR on a long ski weekend to the famous ski area of Flachau, near Salzburg, Austria.

Cost: \$ 269, includes transportation, 3 overnights, 3 breakfasts and 3 dinners

Departs: Vilseck at 5:00 a.m., Graf at 5:30 a.m.

January 27

Daytrip to Brixental

Join us on a one day trip to Brixental

Cost: \$39

Departs: Vilseck at 4:00 a.m., Graf at 4:30 a.m.

February 3

Austria

Join us on a one day trip to Zillertal Arena

Cost: \$ 39

Departs: Vilseck at 4:00 a.m., Graf at 4:30 a.m.

February 16 - 19

Italy Ski Safari

Spend Presidents Day weekend on a ski trip to Italy and enjoy the slopes of very popular ski resorts.

Cost: \$ 269, includes transportation, 3 overnights, 3 breakfasts and 3 dinners

Departs: Vilseck at 8:00 a.m., Graf at 8:30 a.m.

March 3

Austria day trip

Join us on a one day trip to Zillertal Arena

Cost: \$ 39

Departs: Vilseck at 4:00 a.m., Graf at 4:30 a.m.

March 16 - 18

Ski Safari to Zillertal, Austria

Ski with ODR the famous Zillertal Ski Arena

Cost: \$ 219, includes transportation, 2 overnights, 2 breakfasts and 2 dinners

Departs: Vilseck at 5:00 a.m., Graf at 5:30 a.m.

Continued on page 34



RECREATIONAL ACTIVITIES

Continued from page 33

April 13 - 15

Ski Trip to Stubaital, Austria

Join us for the last ski trip for the season to the Stubaital Glacier

Cost \$ 199, includes transportation, 2 overnights, 2 breakfasts and one dinner

Departs: Vilseck April 13 at 4:30 p.m., Graf at 5:00 p.m.

SPECIAL NOTES:

- \$20 child discount on weekend trips (only if the child is in a room with two adults)
- Single room supplement on all weekend trips \$20 per night (depending on space availability)
- On weekend trips ski or snowboarding instructions are only partially available upon request!
- On all trips we will charge half price for equipment rental
- A \$50/person reservation fee, which is non-refundable, is required to sign up for all weekend trips. Full payment is due one week prior to departure.
- Lift pass is not included in the ski trip prices listed
- Tour prices are subject to change due to the fluctuation of the \$\$\$ exchange rate.

PERSONAL GROUP TRIPS

Where would you like to go? Group trips, 7 - 50 people can be arranged.

Three-week notice is required, with full payment due two weeks prior to departure date.

For one-day trips, a minimum of one week notice is required, with full payment due two days prior to departure date.

Every Saturday Arber Trip

Cost: \$22 for transportation

Half day price for equipment rental. Lift tickets are not included.

Ski or snowboard instructions for adults are available upon request for \$10.

Departs: Graf at 6:30 a.m., Vilseck at 7:00 a.m.

Ice Skating on Big Mike

When Big Mike freezes we have skates, hockey sticks and goals for rent.

Outdoor Recreation (ODR):

Grafenwoehr, Bldg. 600
DSN: 475-7402 CIV: 09641-83-7402

Vilseck, Bldg. 2236
DSN: 476-2563 CIV: 09662-83-2563

Hohenfels, Bldg. 344
DSN: 466-2060 CIV: 09472-83-2060

RECREATIONAL ACTIVITIES



Become a Part of Boss Today *by Dawn Andreli*

BOSS is a program that was set up to support the overall quality of life for the single service-member. The program was established in 1989 to respond to single service members' recreational needs. It was evident that a Soldier's well-being was a primary concern. The Chief of Staff of the Army officially expanded BOSS to include all aspects of Soldiers' lives in 1991. The three core components of BOSS are Recreation and Leisure, Well-Being and Community Service. The BOSS program is made up of a committee of single service member representatives' from all of the installation units. BOSS members are encouraged to identify both local and Army wide well-being issues and concerns that affect their quality



of life. The issues are brought up at the meetings and sent up through the proper chain of command. Service members assume the primary role in planning BOSS events. With input from the representative from the installation units, trips and events can be organized towards the single service member's wants. The BOSS committee often elects to participate in community programs or projects, which make a difference in the lives of others, the community and ultimately, themselves.

For more information on how to become active in the BOSS program please contact your companies BOSS representative or contact the USAG Grafenwoehr BOSS President SPC Dawn Andreli via e-mail: dawn.schalk@eur.army.mil or at DSN 475-6116.



BOSS Paintball



BOSS Car Show



RECREATIONAL ACTIVITIES

Grafenwoehr Heart & Home Classes

Children's Classes:

Snow Globe

January 9, 4:00 – 5:00 p.m.

Let it snow inside. Create your own snow globe.

Ages: 6 & Up, Fee: \$7.50 + \$3.00 supplies

Snowflake

January 12, 4:00 – 5:30 p.m.

Create your own snowflakes with various beads.

Ages: 10 & Up, Fee: \$7.50 + supplies

Bookmarker

January 16, 4:30 – 5:30 p.m.

Fun foam is soft, flat, colorful, and fun to craft with.

Ages: 6 & Up, Fee: \$7.50 + \$2.00 Supplies

Snow Girl or Snow Boy

January 19, 4:00 – 5:30 p.m.

It will not melt and your hands will not get cold. Styrofoam beauty or punky, it's your choice.

Ages: 5 & Up, Fee: \$7.50 + supplies

Mitten Magnet

January 26, 4:30 – 5:30 p.m.

A felt mitten will keep your art projects adhered to the fridge.

Ages: 6 & Up, Fee: \$7.50 + \$2.00 supplies

Scrapbooking Classes:

Scrapbooking – “Puzzle Picture”

January 2, 5:30 – 7:30 p.m.

This unique technique looks wonderful, seems hard to do but it's a breeze!

Ages: Adult, Fee: \$7.50 + supplies

Scrapbooking – “Pocket Page”

January 9, 5:30 – 7:30 p.m.

Pocket pages are great to put those wonderful birthday and anniversary cards or that special newspaper clipping into.

Come and learn how to make these wonderful pages. Ages: Adult, Fee: \$7.50 + supplies

Scrapbooking – “Eyelets, Brads & Ribbon”

January 16, 5:30 – 7:30 p.m.

You can decorate your pages using eyelets, brads and ribbon. Come and learn how to use these embellishments to create some awesome pages.

Ages: Adult, Fee: \$7.50 + supplies

Scrapbooking – “Puzzle Picture”

January 23, 5:30 – 7:30 p.m.

This unique technique looks wonderful, seems hard to do but it's a breeze!

Ages: Adult, Fee: \$7.50 + supplies

Scrapbooking – “Puzzle Picture”

January 30, 5:30 – 7:30 p.m.

This unique technique looks wonderful, seems hard to do but it's a breeze!

Ages: Adult, Fee: \$7.50 + supplies

Scrapbooking – Class & Workshop

January 27, Class: 10:00 a.m. – noon, Workshop: noon – 4:00 p.m.

Come to our class and learn to organize your photos and scrapbooking supplies. Then during the workshop you can create scrapbook pages with your now organized materials. Bring a lunch.

Ages: Adult, Fee: \$10.00 + supplies



Quilting Classes:

Patch Quilt

January 5, 2:30 – 5:30 p.m.

Learn to sew an easy patchwork quilt.

Ages: 11 & Up, Fee: \$7.50 + supplies

Quilting – “Beginner's Class”

January 10, 17, 24, 31, February 7 & 14, 9:00 – 11:00 a.m.

Start by learning about fabrics, threads, piecing and quilting. You'll have a completed quilt when you are done.

Ages: Adult, Fee: \$60.00 + supplies

Quilting – “Beginner's Class”

January 11, 18, 25, February 1, 8 & 15, 6:00 – 8:00p.m.

Start by learning about fabrics, threads, piecing and quilting. You'll have a

Continued on page 37

Arts & Crafts:

Grafenwoehr, Bldg. 607
DSN: 475-6101 CIV: 09641-83-6101

Hohenfels Bldg. 18
DSN: 466-2538 CIV: 09472-83-1700

Continued from page 36

completed quilt when you are done.

Ages: Adult, Fee: \$60.00 + supplies

Quilting – “Blue and Yellow”

January 13, 20, 9:00 a.m. – noon

Take this fun fabric and complete your quilt in just two days.

Ages: Adult, Fee: \$30.00 + Supplies

Sewing Classes:

Sewing – “No Sew Fleece Blanket”

January 3 15:30 – 18:00 p.m.

In just a couple of hours you'll complete this blanket without ever touching a needle.

Ages: 14 & Up, Fee: \$7.50 + Supplies

Sewing – “No Sew Fleece Blanket”

January 4 15:30 – 18:00 p.m.

In just a couple of hours you'll complete this blanket without ever touching a needle.

Ages: 14 & Up, Fee: \$7.50 + Supplies

Floral Class:

Floral – “Center Piece”

January 18, 3:30 – 5:30 p.m.

Make a floral arrangement for your table. Bring in a vase or container of your choice and fill it up with flowers and/or fruit.

Ages: 14 & Up, Fee: \$7.50 + Supplies

7-13 January “Customer Appreciation Week”

We'll have surprises every day this week. It may be a sale or a giveaway. Come on over and see what we have for you.

31 January “Arts and Crafts Day”

Walk on in and pick a Crafting Station of your choice.

There'll be Beading, Decorating Bookmarks, Popsicle Stick Frames, Scrapbooking, Quilting and more. We'll have free items and \$5.00 kits to make and take home the same day.

You are invited to come in for crafting, chocolate, and of course a round of girl time! Join us as we kick-off our very first HOT CHOCOLATE CLUB.

The Club will meet every last Wednesday of the month, starting on 31 January, 6:00 – 8:30 p.m. Bring in your crafts, i.e. quilt project, knitting, crocheting, scrapbooking and get ready to have some fun!

Hohenfels Arts & Crafts

Framing Class

January 13, 9:30 a.m.–12:30 p.m.

Wood Shop Safety Class

January 27

9:30 a.m.–12:30 p.m.

HAPPY NEW YEAR!

Visit the
**Hohenfels
Arts & Crafts
Center...**

Glassware
Wood
Plaques
Keepsakes

For all of your engraving needs
Open Tues/Wed/Fri 11:00 a.m. - 5:00 p.m.
Thurs 12:00 p.m. - 7:00 p.m.
Sat 9:00 a.m. - 1:00 p.m.
Bldg 18 or call DSN 466-2538

HOHENFELS AUTO CRAFT SHOP
MON/TUES/THURS 1:00 P.M. - 8:00 P.M.
WED/FRI 9:00 A.M. - 8:00 P.M.
SAT 10:00 A.M. - 5:00 P.M.
HOLIDAYS 9:00 A.M. - 4:00 P.M.

WINTERIZE YOUR CAR NOW!
COME IN & LET US CHECK
YOUR TIRES, LIGHTS,
ANTI-FREEZE, BATTERY,
& ALTERNATOR
COME IN NOW BEFORE
THE SNOW & ICE HIT!

BASIC CAR CARE FOR WOMEN
THURS
1:00 P.M. - 3:00 P.M.
LEARN TIPS FOR BASIC
CAR MAINTENANCE

SELF-HELP AUTO CARE
APPLY FOR YOUR QUALIFICATION CARD TODAY!

HOHENFELS AUTO CRAFT SHOP
BLDG 392A
FOR MORE INFORMATION CALL DSN 466-2690



USAG Grapplers Take it to the Mat *by Dan Fraizer*

On Saturday, 4 November, five grapplers from the United States Army Garrison Grafenwoehr Vilseck community, and specifically the 2nd Cavalry Stryker Regiment, competed in the local Freestyle and Greco-Roman Wrestling Tournament at the Grafenwoehr Physical Fitness Center. Joining in on this event were wrestlers from the Wiesbaden and Buedingen military communities.

Competing in the 132 pound weight category, the lightest of the day, Specialist Michael Jozwiak, Vilseck's first competitor of the day, had a tough time with Private First Class Jeffrey Myers out of Buedingen. Myers, outweighing Jozwiak by eight pounds, used that advantage to score victories by fall in both the Freestyle and Greco-Roman competitions.

The rest of the competition would fare better for the men from Vilseck as they racked up victories in all final pairings. Private First Class Todd Davis pinned Second Lieutenant Joshua Mendoza of Wiesbaden in the 163 pound Freestyle competition and then won the Greco-Roman match uncontested. In the 185 pound category, a pair of local wrestlers, Private First Class Eric Burrell and Sergeant First Class Jesse Mailiach, went head to head, with PFC Burrell winning both the Freestyle and Greco-Roman matches by decision.

At the end of the competition, the team from Vilseck easily outdistanced the other teams for first place honors with 76 points. Buedingen finished second in the team standings with 20 points, while Wiesbaden took third with 9 points.

Fitness & Fun: The 2006 Grafenwoehr Turkey Trot *by Dan Fraizer*

For some, it was a nice opportunity to get in a little early-morning running on a nice fall day. For others, it was a chance to get their Thanksgiving turkey without having to make a trip to the Commissary. But for all, it was fun. Thirty-seven runners and five families took place in the 2006 United States Army Garrison Grafenwoehr 5K and 10K Turkey Trot.

Aside from the t-shirts, medals and trophies that runners can expect from the Fun Runs in Grafenwoehr and

Vilseck, Better Opportunity for Single Soldiers provided five turkeys to give away as well. Two turkeys were awarded to the top overall male and female 10K finishers, while the other three turkeys were given away through a drawing after the event.

The top 10K runners winning turkeys were Matt Sutton (40:21) and Jeannette Maitner (47:34). The other recipients of the B.O.S.S. turkey giveaway were Mike Cotovsky, Tracy Svalina, and Chad Gibson.

2006 Turkey Trot Results:

	5K	10K
Men's Open	1. Andreas Garcia 2. Kyle Greenberg	1. Matt Sutton 2. Calvin Taetzsch
Women's Open	1. Judy Jing 2. Kaley Harless	No runners
Men's Masters	1. Rodriguez Encarnacion 2. James Garrison	1. Joe Gossett 2. Anthony Costello
Women's Masters	1. Silke Tanner 2. Zayra Garrison	1. Jeannette Maitner 2. Susanne Bradfish
Men's Seniors	1. Mario Mena 2. Ken Stark	2. James Meredith 2. Bernhard Schemela
Women's Seniors	1. Debra Ford 2. Lila Harless	No runners

Sports Centers:

Grafenwoehr Physical Fitness Center, Bldg. 170
DSN: 475-9007 CIV: 09641-83-9007

Vilseck, Rose Barracks Fitness Center Bldg. 323
DSN: 476-2998 CIV: 09662-83-2998

Hohenfels, Post Gym, Bldg. 88
DSN: 466-2883 CIV: 09472-83-2883



RECREATIONAL ACTIVITIES

USAG Grafenwoehr Sports Calendar Of Events: January - March 2007

PROGRAM	DATE	LEVEL	CATEGORY	LOCATION
BOXING - Team Registration	1 - 31 JAN 07	USAG GRAFENWOEHR	CMTY / INDV.	GRAF/RBFC
POWERLIFTING - Team Registration	1 - 31 JAN 07	USAG GRAFENWOEHR	CMTY / INDV.	GRAF/RBFC
WRESTLING Championship	6 - 7 JAN 07	USF-E	INVITATIONAL	STUTT GART
SOCCER (INDOOR) Tournament I	14 JAN 07	USAG GRAFENWOEHR	INVITATIONAL	GRAFENWOEHR
SOCCER (INDOOR) Tournament II	21 JAN 07	USAG GRAFENWOEHR	INVITATIONAL	GRAFENWOEHR
VOLLEYBALL Official's Clinic & Tny.	23 - 27 JAN 07	ARMY - EUROPE	CLINIC / CMTY-LEVEL	HEIDELBERG
SKIING Championship	27 JAN 07	USAG GRAFENWOEHR	INVITATIONAL	GROSSER ARBER
SOCCER (INDOOR) Tournament III	28 JAN 07	USAG GRAFENWOEHR	INVITATIONAL	Graf
VOLLEYBALL - League Registration	1 - 31 FEB 07	USAG GRAFENWOEHR	UNIT LEVEL	GRAF/RBFC
SUPER SOCCER BOWL (Finals)	3 FEB 07	USAG GRAFENWOEHR	INVITATIONAL	GRAF
BASKETBALL Championship	23 - 25 FEB 07	USAG GRAFENWOEHR	UNIT LEVEL	GRAF
SOFTBALL - League Registration	1 - 31 MAR 07	ARMY - EUROPE	COMMUNITY	GRAF/RBFC
VOLLEYBALL Official's Clinic & Tny.	12 - 16 MAR 07	USAG GRAFENWOEHR	CLINIC / UNIT-LEVEL	ROSE BARRACKS
BASKETBALL Championship	1 - 4 MAR 07	ARMY - EUROPE	UNIT LEVEL	WIESBADEN
BOXING CHAMPIONSHIP	10 MAR 07	USAG GRAFENWOEHR	INVITATIONAL	GRAF
VOLLEYBALL Official's Clinic & Tny.	12 - 16 MAR 07	USAG GRAFENWOEHR	CLINIC / UNIT-LEVEL	ROSE BARRACKS
BASKETBALL Championship	15 - 18 MAR 07	ARMY - EUROPE	COMMUNITY	WIESBADEN
RACQUETBALL Championship	24 MAR 07	ARMY / AF	INVITATIONAL	ROSE BARRACKS
BASKETBALL Championship	29 MAR - 1 APR 07		COMMUNITY	WIESBADEN

Grafenwoehr Physical Fitness Center

Class	Day	Start Time
Kick with a Twist	MWF	8:45 a.m.
Aerobics	MW	6:30 p.m.
Aerobics	TTh	8:45 a.m.
Yoga	MTTh	10:00 a.m.
	TTh	6:00 p.m.
Spinning	MWF	5:00 p.m.
Basic Boxing	MW	6:00 p.m.
Tae-Robics	TTh	5:00 p.m.
Circuit PT	Daily	11:30 a.m.

Vilseck Rose Barracks Fitness Center

Class	Day	Start Time
Spinning	MF	6:30 a.m.
Circuit Training	MWF	9:00 a.m.
Pilates	MWF	10:00 a.m.
Cardio Kick	M	5:00 p.m.
Circuit Training	TTh	6:30 a.m.
Spinning	TTh	9:00 a.m.
step Aerobic	TTh	10:15 a.m.
Cardio Salsa	TTh	12:00 p.m.
Circuit Training	TTh	3:30 p.m.
Step Aerobic	TTh	5:30 p.m.

Sports Centers:

Grafenwoehr Physical Fitness Center, Bldg. 170
DSN: 475-9007 CIV: 09641-83-9007

Vilseck, Rose Barracks Fitness Center Bldg. 323
DSN: 476-2998 CIV: 09662-83-2998

Hohenfels, Post Gym, Bldg. 88
DSN: 466-2883 CIV: 09472-83-2883

USAG Hohenfels Upcoming Sports and Fitness Events

CLASS SCHEDULE*

Spinning	M	6:30 a.m. & 6:00 p.m.
	T	4:00 p.m.
	W	9:30 a.m. & 6:30 p.m.
	Thu	4:00 p.m. & 6:00 p.m.
	F	9:30 a.m.
Yoga Fit	M	9:00-10:00 a.m. Pilates
		10:00-11:00 a.m. Yoga
Indoor Cycling	M/W/F	12:00 p.m.
Jazzercise	M/W/F	5:00 p.m.
Step/Circuit	T/Thu	5:00 p.m.
Escrima	W/F	5:30 p.m.
Adult Tae Kwon Do	Sun	1:00 p.m.
Youth Tae Kwon Do	Sun	3:00 p.m.

**Class schedule is subject to change. Please call DSN 466-2883 for more information. Classes will not be held on American Holidays.*

CLASS DESCRIPTION

Spinning: Spinning tightens & tones with a high-intensity routine to music that includes jumps, rhythmic riding & an out-of-the-saddle workout that is pure energy. The Spinning room is designed to help you get the most out of your workout, dark walls & black lights make Maria's

Spinning class an excellent way to optimize your exercise program

Step/Circuit: This total body workout involving one-minute intervals of cardio and strength building movements.

Indoor Cycling: High-intensity, cardio workout that simulates outdoor terrain.

Tae Kwon Do: Korean art of unarmed self-defense using kicks, punches, blocks, dodges and interceptions.

Escrima: Filipino martial arts that involves both hand-to-hand combat and weapons training and is a practical self-defense class. Come learn the principles of movement enabling one to counter any form of attack. You must be 18 or older to participate. Classes are only \$50 per month.

Jazzercise: When you love your workout, results come easy. Jazzercise combines elements of Jazz Dance, Resistance Training, Pilates, Yoga, Kick Boxing and more to create truly effective program for people of every age and fitness level. Classes are \$4 (package deals are available) First Class is always FREE!

Fitness Instructor Highlight

Resolution Solution/Yoga Fit: Dr. Maria ReGester brings two classes to Hohenfels: Yoga Fit/Pilates which is based on Hatha Yoga. Yoga Fit/Pilates blends balance, strength, flexibility and power into a user-friendly style of yoga, which is accessible, understandable and doable by individuals at any fitness level.

Just in time for the New Year – Resolution Solution Saturday, January 20, 2007 from 8:00 a.m. to 12:00 p.m. Resolution Solution will include an introduction to total fitness: Understanding how to train and fuel the major components of fitness; cardiovascular, strength and flexibility. Dr. ReGester will give the secrets to maintaining a healthy lifestyle. Sign up today! Register before January 12th to receive a discount. Don't just make another New Year's Resolution, fulfill it with Resolution Solution. For more info call DSN 466-2883 or visit www.knockknocksolutions.com.

Open the door to a healthier you...

Let Knock Knock Solutions show you how...
presenting

Resolution Solution

Gain Strength Increase Flexibility
Run Faster Lose Weight
Feel Great

January 20, 2007
8:00 a.m. - 12:00 p.m.
at Post Gym Bldg. 88

Resolution Solution begins with a
comprehensive assessment of your
physical abilities.

Included in the Resolution Solution package
will be a complete day of wellness with...

jazzercise

Spinning with
Maria Diaz

Sign Up Today! Call DSN 466-2883

Making your resolutions is the first step,
let Knock Knock Solutions help you achieve your goals.

yoga ~ pilates ~ personal training ~ nutrition

Knock Knock Solutions

www.knockknocksolutions.com

Yoga : More Than You Expected



Yoga: If this word creates a mental picture of a person contorting his or her body into an unrecognizable tangle of limbs while simultaneously chanting unintelligible mumbo jumbo, then you are not alone. Many people imagine the same image, and for a few people pursuing a monastic life in an ashram, this may be true. For the rest of us with family and careers, this stereotype could not be further from the truth.

Most Yoga classes follow a similar format to other exercise classes. In Yoga, class begins by taking a few minutes, usually lying on our backs, connecting with our breath. The idea is that we need a few moments to transition

from our hectic lives and to take a moment to see how we are feeling. Awareness of our bodies is a key to any exercise program.


In Yoga, safe is successful. In that spirit, one important feature of a Yoga class is the instructor asking if our bodies are feeling sensitive or may be healing, whether from an injury, illness, or break in your fitness program. This is the opportunity to discreetly point out any sensitive lower back pains, achy knees, high blood pressure, or any other physical or medical issues. This information guides the instructor and will keep you safe.

Furthermore, if you are under the regular care of a physician, please discuss your fitness program, including Yoga, with him or her. Your physician will give you invaluable guidance toward what you can do, as well as what you can not do. Bring this information to your instructor and the two of you will be able to modify your practice. Remember, modifications are not necessarily easy. They are only safe.

Yoga, like other classes, will take some time to warm up our muscles. We will start on the floor and transition to standing. Once standing, the warm up will blend into Sun Salutations. Sun Salutations are a set of poses that take us from standing, to the floor, and back to standing. The point is to continue warming our bodies in preparation for the deeper stretches that will follow later.


Next, following the exercise class format is the work phase. The work phase is primarily standing poses, meaning we will be on our feet, not necessarily standing like we are in line at the bank. In this phase, we hold poses for 3-5

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10 reasons to get a massage:

1. Made the circuit training class for two weeks straight!
2. Held that position in the yoga class two minutes too long..
3. Upcoming PT test / Just had a PT test
4. Finally made it to the gym!
5. Need some time just for me
6. Kevlar only comes in One Size Fits No One
7. Certified professionals who really care
8. Never the wrong size, always the right color
9. Winter in Bavaria (you mean they have summer?)
10. No calories, no additives, and no side effects!



Drop by the Graf Physical Fitness Center or Rose Barracks Fitness Center and reserve your appointment today!

continued from page 42

breaths blending strength and flexibility. In addition, each person will modify his or her pose to emphasize individual differences as well as leaning more toward strength or flexibility.

At the end of our work phase, we take a few moments for balance poses. Balance poses have two purposes. The first is to return our blood pressure to normal from our workout. Second, balance poses build concentration. Just a word of caution, many people find balance poses challenging, so bring a sense of humor with you and be willing to chuckle your way through to the deeper stretches.

Finally, we arrive at the deeper stretches. We took an abundance of time to insure our muscles would be warm enough to hold a stretch for 6-10 breaths. Holding a stretch this long allows our muscles to release any lingering stress or tension. To relax more, we can close our eyes, reminding ourselves that this is our time and letting everything else go, even if it is just for now.

We will end every class on our backs, with our eyes closed as the instructor leads us through a guided visualization or a progressive muscle relaxation. In a guided visualization, we transport ourselves to our imaginations. We create a place in our mind where we feel safe and allowing our minds to feel tranquility. In progressive muscle relaxation, we intentionally tell each part of our bodies to melt away any tension, leaving us relaxed and rejuvenated.

Keep in mind that you do not have to be flexible to join a Yoga class. The instructor will give you options to help you find a pose that is between easy and hard

and allowing you to gain flexibility over time. Remember that options and modifications are not necessarily easier. Sometimes modifications slow down the pace requiring you to use muscular effort instead of momentum.

Lastly, when we attend class, our goal is to suspend our expectations and judgments. Our bodies will open when our bodies are ready, not when we want it to happen, nor when we think it should happen. Our bodies make gains over time when we surrender to process, rather than fighting. When we let go of the expectation, we also let go of judging what the pose should look like. It is okay to look different from others in class. After all, it is a Yoga practice, not Yoga perfect.

Hip Hop and Street Dance Classes Are Coming to Vilseck!

1st Session: Jan 18 -Feb 23rd

2nd Session: Mar 1 - April 5th

3rd Session: April 12 - May 17

\$60 Per Session

*Sign up at the Rose Barracks Physical
Fitness Center! Call DSN 476-2214 for
more information.*



RECREATIONAL ACTIVITIES

USAG Grafenwoehr Veteran's Day Basketball Tournament *by Dan Fraizer*

Ten Unit Level basketball teams from Grafenwoehr and Vilseck celebrated the Veteran's Day weekend on the hardwood at the Grafenwoehr Physical Fitness Center. The three-day, double-elimination tournament was not only the first opportunity of the year for these units to see competition, but was also the first chance to showcase the new basketball court at the Graf PFC for Unit Level play.

The tournament began early on Friday with a couple of blow outs as HHC JMTTC decimated 702nd EOD, 82-16, and S+T Troop RSS 2SCR dispatched the Grafenwoehr Health Clinic team, 44-26. The competition tightened up a little bit after that as eight of the next 14 games played on Friday and Saturday had a winning margin in the single digits, to include three one-point games. The biggest margin of victory during this stretch belonged to S+T Troop RSS 2SCR, a 26-point victory over Charlie Battery, on their way to earning a berth in the Championship Game.

With the second spot in the Championship Game still to be determined, things got tense in the Loser's Bracket. Charlie Battery, having suffered their first loss of

the tournament against a dominating S+T Troop team, put together a string of three victories to make it within one game of the Final. Standing in their way was 41st Trans, who had also suffered their first loss, 50-51, to S+T Troop in the final Winner's Bracket game. The two played it tough and tight the whole way, tied at 27 at halftime and in the waning minutes of the game. Charlie Battery hit a three-pointer late to make it close, but 41st finished with a couple of baskets and a free throw to win the game, 59-57.

In the Championship Game, S+T Troop vs. 41st Trans, it looked as though 41st Trans would atone for their first loss and force an "If" game, using a balanced attack to take a 28-21 lead at half-time. In the second half, however, S+T Troop got a lift from their top two scorers to climb back into the game. Ben Logsdon, who averaged 11.6 points per game for the tournament, scored 11 in the second half, while teammate Joe Grimes, 21.3 points per game for the tournament, dropped in 5 three pointers in the second half, 19 points total. It is fitting that Grimes' final three-pointer of the second half, and sixth of the game, would be the deciding factor, as S+T Troop RSS 2SCR took the Championship, 57-54, over 41st Trans.

Sports Centers:

Grafenwoehr Physical Fitness Center, Bldg. 170
DSN: 475-9007 CIV: 09641-83-9007

Vilseck, Rose Barracks Fitness Center Bldg. 323
DSN: 476-2998 CIV: 09662-83-2998

Hohenfels, Post Gym, Bldg. 88
DSN: 466-2883 CIV: 09472-83-2883

Super Soccer BOWL

German/American Indoor Soccer Tournaments

January 14th
January 21st
January 28th



Top 2 Teams from each tournament will compete in the Super Soccer Bowl on February 3rd!

First 7 teams that pay will play!
Entry Fee: \$75 or 75 Euro

For more information contact the Grafenwoehr sports office at DSN 475-9024/9007



2007 Sports Registration

Unit and Community Level

January 1-31 2007
Register at your local sports office

Community Level Powerlifting & Volleyball Open to all DOD ID card holders.	Unit Level Volleyball Open to all units in Grafenwoehr and Vilseck
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Boxing
Active duty military only

Call your sports office for more information at DSN 475-9024/9007 or DSN 476-2214/2998



The Fifth Season: Fasching

Fasching, also known as “Karneval” or “Fastnacht” elsewhere in German speaking areas, is often referred to as the *Fifth Season*. It always begins on the same date each year, but when it ends depends when Easter falls. Fasching technically begins on Epiphany, but for some time now the opening of the Fifth Season is celebrated on 11 November, at 11:11 a.m. On this is the day, in an atmosphere of wild festivity, the various carnival organizations present their Fasching princes and princesses, and planning begins for the “official season” which begins in January.

This year the carnival season will be celebrated from 6 January to 20 February and you can expect costume balls, grand courtly assemblies and carnival parades. Usually it is local clubs and institutions which organize the Fasching balls, which can be either a formal affair in evening dress, known as “black and white” balls; or, they are costume or masked balls with dancing, and flirting, into the early hours of the morning.

It is a real experience to witness one of the courtly assemblies, where the “Regierende” or Fasching nobility accompany us through the evening, but this requires a good knowledge of German. The audience decked out in fancy dress costumes, enjoy parodies, comic sketches, music and dancing. The parodies are usually based on events of the past year and on the personalities involved in them.

The “mad” days mark the end of the carnival season. These begin on the last Thursday, known as “nonsense Thursday;” because the day is dedicated to women, it is known as “women’s carnival.” Starting in the

morning women wearing costumes and masks go from one pub or inn to the next, besetting upon any man wearing a tie who happens to cross their path - shortened ties are regarded as hunting trophies!

On Friday and Saturday there are costumed balls everywhere, including special ones for children. On Sunday and Rosenmontag (Rose Monday) many towns hold carnival parades. Like in the courtly assemblies, celebrities and current events, are parodied and mocked by groups on foot and others on imaginatively decorated floats. This colorful carnival celebration continues to the crack of dawn. On Shrove Tuesday, the day before Ash Wednesday, it is still possible to enjoy a good meal, but it is a last chance for indulgence and unrestricted gaiety prior to the onset of Lent. At the stroke of midnight everything comes to an end with the final acts whereby local carnival clubs laminate or cover their prince and princess, and “bury” the carnival.

Ash Wednesday marks the beginning of a period of mourning. In Schmidmühlen and Rieden for example there is a *fish procession* which resembles a funeral; men dressed in black, with a fish drawn on their backs, and wearing top hats make their way slowly and somberly from inn to inn. During this funeral march it is strictly forbidden to speak, to smoke or to laugh. Should this rule be violated a fine is charged. In the inns huge quantities of beer are consumed, with bread and pickled herrings as an accompaniment. When the visit to the inn has come to an end, the empty wallets are washed and buried. Farewell carnival!

Day	Date	Time	Event /Organiser	Venue
Fri.	12 January	8:00 p.m.	Formal ball of the district of Amberg Sulzbach	Castle in Kümmersbrück-Theuern
Fri.	19 January		1 st first ceremonial assembly / FG Auerbach	Kolping-Saal Auerbach
Sat.	20 January		2 nd ceremonial assembly / FG Auerbach	Kolping-Saal Auerbach
Fri.	26 January		3 rd ceremonial assembly / FG Auerbach	Kolping-Saal Auerbach
Sat.	27 January		Children’s ceremonial assembly	Kolping-Saal Auerbach
Sun.	28 January		Carnival parade / FG Knappnesia	Sulzbach-Rosenberg
Sat.	3 February	8:00 p.m.	Carnival ball / Lions fans club	Ratz-Fatz-Halle Vilseck
Sun.	18 February		Carnival parade in Rieden / Narhalla Rot-Weiß-Gold Rieden	Rieden
Sun.	18 February	2:00 – 7:00p.m.	Vilseck’s carnival parade	Vilseck
Sun.	18 February	2:00 – 4:00p.m.	Carnival parade / Carnival Committee Blue and Yellow	Schnaittenbach
Sun.	18 February	2:00 p.m.	Carnival parade in Hahnbach / Arts Council Hahnbach	Hahnbach
Tues.	20 February		Carnival parade / Schmidmühlen	Schmidmühlen
Tues.	20 February	3:30 p.m.	Carnival parade / Freudenberg’s Friends of Carnival	Freudenberg
Wed.	21 February		Fish procession in Schmidmühlen	Schmidmühlen
Wed.	21 February		Fish procession in Rieden	Rieden
Wed.	21 February		Fish procession in Kümmersbrück	Kümmersbrück

USAG Grafenwoehr Tree Lighting Ceremony *by Bilyana Atova*



Photo by Bilyana Atova

The Holiday Tree, with its extensive history, is a common sight during the winter season in numerous cultures. As a well preserved tradition, the Tree Lighting ceremony took place in Grafenwoehr on the 5th of December. It served its purpose to bring Americans and Germans together, who with a cup of Glühwein in their hands, surrounded by the children's songs, celebrated the start of the winter holidays. It was a fun experience, especially for the kids, and taught us all to overlook our differences and come together for something so pure and joyous, as a Tree Lighting.

Special thanks to the following sponsors for supporting the 2007 Tree Lighting Ceremony in Grafenwoehr and Vilseck:

- Stadtverwaltung Grafenwöhr
- Stadtverwaltung Vilseck
- Oversees Military Car Sales

Shape Up With Boxing *by Bilyana Atova*



Holidays in my family, as in most families, mean lot's of eating. Considering my birthday is on 26 December, the picture looks even tastier. By the time the new year comes around, I am left with a lot of nice gifts and a guilty conscience because of all the food and cookies I have eaten.

My New Year resolution was to stop making

excuses and take action. I promised not to blame the dryer for the tight fit of my clothes. I had to get in shape, improve my disposition and most importantly live better.

I read numerous books and articles on the subject of healthy living and the importance of exercise, not only for weight loss, but also for the prevention of illness, stress and depression relief. Excuses, laziness, neglect and time consuming activities prevented me from working out. Actually, I have never really exercised. And here I am now, strongly motivated to change that.

I found an opportunity to meet my goal at the Grafenwoehr Physical Fitness Center. I selected to participate in the "Basic Boxing" Class. In the past, I associated boxing with being a violent sport for men with girls only being welcome as spectators. I wanted to dare myself.

What an EXPERIENCE! I liked the work-out, the fun, feeling every muscle in my body and the instructor who was patiently answering my questions and assisting with the moves.

I admit, I still do not understand much of boxing, however, I recommend that everyone try it! Join us and you'll have fun, relieve stress (especially when you get to hit the bag) and you'll feel great. Oh, I almost forgot to mention I am a lot closer to size 6 again!

U.S. Army Garrison Grafenwoehr & Hohenfels Morale, Welfare & Recreation *Phone Listing*



Army Community Service

Grafenwoehr 475-8371
Hohenfels 466-4860
Vilseck Rose Barracks 476-2650

Army Lodging/Billeting

Grafenwoehr 475-1700
Hohenfels 466-1700
Vilseck Rose Barracks 476-1700

Arts & Crafts

Grafenwoehr 475-6101
Hohenfels 466-2538

Auto Skills Center

Grafenwoehr 475-6239
Hohenfels 466-2690
Vilseck Rose Barracks 476-2521

Bavarian-American/MWR Marketing

Grafenwoehr 475-8654/56
Hohenfels 466-4023

BOSS

Grafenwoehr 475-7402
Hohenfels 466-4028

Bowling Centers

Grafenwoehr 475-6177
Hohenfels 466-4611
Vilseck 476-2576

Child & Youth Services

Grafenwoehr
Central Registration 475-6655
Child Dev. Center 475-7180
School Age Service 475-6161
Teen Center 475-7441
Youth Sports 475-6656
Hohenfels
Child Dev. Center 466-4707
Family Child Care 466-2157
School Age Services 466-2822
Teen Center 466-4492
Vilseck Rose Barracks
Central Registration 476-2670
Child Dev. Center 476-2651
School Age Services 476-2556
Teen Center 476-3144

Clubs & Lounges

Grafenwoehr
Lane 25 475-6177
Tower View Lounge 475-6200
Hohenfels
The Zone Sports Bar 466-2000
Vilseck Rose Barracks
Langenbruck Center 476-2360

Community Activity Center

Hohenfels 466-2670
Vilseck Rose Barracks 476-2360

Information, Tickets & Reservations

Grafenwoehr 475-7402
Hohenfels 466-2060
Vilseck Rose Barracks 476-2360

Libraries

Grafenwoehr 475-1740
Hohenfels 466-1740
Vilseck Rose Barracks 476-1740

NAF Civilian Personnel Office

Grafenwoehr 475-6886
Hohenfels 466-2771
Vilseck Rose Barracks 476-2663

Outdoor Recreation

Grafenwoehr 475-7402
Hohenfels 466-2060
Vilseck Rose Barracks 476-2563

Restaurants

Grafenwoehr
Lane 25 475-6752
Tower View 475-6200
Hohenfels
Sam's Rib Shack 466-2000
Vilseck
Tumbleweed 476-3699

Special Events

Grafenwoehr 475-6167
Hohenfels 466-2340

Sports

Grafenwoehr
Field House 475-8361
Physical Fitness Center 475-9007
Hohenfels
Olympia Fitness Center 466-2726
Post Gym 466-2883
Vilseck
Rose Barracks Fitness Ctr. 476-2214
Memorial Fitness Ctr. 476-2270

Surfnet Cafes

Grafenwoehr 475-6177
Hohenfels 466-2396
Vilseck 466-2360

Tax Relief Office

Grafenwoehr 475-1780
Hohenfels 466-1780
Vilseck 476-1780

Civilian:

Grafenwoehr 09641-83-and the last four digits
Hohenfels 09472-83-"
Vilseck 09662-83-"

Other important numbers:

Operator Assistance
Information
DSN: 0
CIV: 83-113

On-Post
Ambulance: 83-116
Fire: 83-117
Military Police: 83-114

Off-Post
German Emergency: 110